

Supervision

Undressing time 7-10 min.

Shower + dressing - 12-15 min.

Minimum - gym. - 5-7. preparation.
Shower - 10-12. return

Chap. 14.

Shower Rooms.

Location - Away from locker room.
2 rooms - 1) Bathing.
2) drying purposes.

Range showers - Central control
Water - warm, hot + cold.
Partitions 5'.
Height 8'.

Ventilation - mechanical.

Lighting - indirect.

Plumbing - concealed.

Tile - mosaic, granolithic, terrazo (floor).
- sloping floor to centre.
- walls - glazed tile.
- showers - shoulder height.
- wheel control.

Soap - non-rust metal container.
liquid soap.

Supervision - always.

Organization - groups by student leaders.

- 1) showers
- 2) lockers
- 3) gym.

Shower + dressing - 7-12 min.

Swimming Pools.

hash.

Swimming Pool Plant.

- 1) The poolroom - pool basin, runways about the basin, a gallery for visitors + office for instructors.
- 2) Service dept - dressing rooms, toilets, showers, lockers, office control - suits, towels.
- 3) Recirculation system - Pumps, filters, pipe connections to inlets & from outlets of pool, water heater, chlorinator or ultra - violet ray apparatus cleaner.
- 4) Laundry - washing, sterilization of suits and towels.

Poolroom -

II Sunken Pool -

- 1) Drillings to find out condition of ground.
- 2) Dry ground -
 - 1) shell - reinforced concrete
 - 2) scratch
 - 3) tile.
- 3) Wet ground -
 - 1) 2 shells - reinforced concrete.
 - separated with tar + felt waterproofing
 - held together by steel clamps
 - tile.

II Suspended Pool. 3 walls.

- 1) Outer steel shell - riveted & welded.
- 2) Inner shell - reinforced concrete.
- 3) Finished surface of tile.

Lighting.

- 1) Plenty of windows.
- 2) Artificial lighting - indirect
semi-indirect.
- 3) Protected.

Ventilation.

- 1) Summer - direct ventilation.
- 2) Winter - air cleaned & warmed.
by ventilation ducts.
- 3) Electric fans - high on wall at
end of pool - air against roof.

Height.

Low dining - 12' high.

High dining - 22' high.

Walls + ceiling - Impervious tile.

Size + shape -

length + width - 100' x 30' or 40'.

- 60 necessary. 20 necessary.

- 8 ft. lanes.

- multiple of 5.

- 8 ft. deep.

- 15 ft. deep for dining.

Finish - smooth - glazed or enameled
brick or ceramic tiling

Scum gutter - scum, expectoration.

Loaders - brass, ceramic tile.

Markers - numerals 5' apart.
each foot marked in 1 dark tile.

Runway - 4' wide ceramic material.
9' wide at deep end.

1) pitch of floor.

2) a raised edge separating pool from
runway.

- pitch drained directly into scum
gutter.

Edge - raised 1 ft. wide.
2-8" high.

Galley - right away from pool.

Office - in view of pool.
metal desk + chair.

Dining Room

- boards - ash or hickory.

- 15' long - 18" wide.

- coxa matting.

- 11' inc head room.

Foot pools - 3-4" deep.

Dressing Room - unit.

- 12 rooms, 24 lockers, 3 showers, 4 dress.

- Suits -
- 1) Style & cut.
 - 2) Durability.
 - 3) Price.
 - 4) Finish of material.

Water Treatment.

- 1) Fill & drain - Pool filled with water, used for given time - then emptied.
- 2) Circulation - Water enters 1 end, exits the other end.
- 3) Recirculation, filtration, sterilization.
Water drawn from pool, pumped thru heater, filters & sterilizers & returned clean to pool.
 - Continuous 24 hr.
 - 12 hr. if over-crowded.
 - Efficient & economical.Filtration cleans the water.
Sterilizer sterilizes water.

Inlets - 2 for pool more than 20' wide.
no "dead" corners.
- complete emptying of pool within 4-5 hr. time.

Pumps, heater & strainer.

Strainer.

Heater.

Filter

Sterilizer.

Filter.

Sand + gravel layers.

Alum - coagulation - cleaner.

Sol soda - softener.

Wash - reverse flow of H_2O . 90 min.

- every 2 days. 1270 gals - min.
10 minutes.

Sterilization.

1) Chlorination. \$300-550 instal. \$100 upkeep.

2) Ultra-violet ray - no chemical.
\$400 - upkeep expensive.

3) Ozonation - expensive, no residual
bactericidal effect.

4) Hypochlorite of lime -

Suction cleaner - good.

Laundry.

1. Washing - boiling water + chips - 15 min.

2. Rinsing - wash wheel - 15 min.

3. Drying - 15 min. - extractor.

4. Drying - temp. 220° - 345° F.

5. Delinting - clean hampers + trucks.

Control of Pathogens.

1. Intestinal infections.

2. Eye + ear inflammations.

3. ~~Stomach~~ hemorrhoidal infections.

4. Respiratory infections.

Annual - semi-annual exam.

- I.
- 1) Inspection of eyes, ears, nose - for inflammatory conditions.
 - 2) Exam. of throat - teeth, tonsils, chronic inflammation.
 - 3) Exam. of skin.
 - 4) Stethoscopic exam. of heart & lungs.
 - 5) Questions as to - typhoid, dysentery, pneumonia, sinus, pelvic organs.
- previous illnesses.
- 5 minutes if systematized.

II. Daily inspection.

III. Shower + foot bath.

Sterilization:

1. Control of bathhouse
2. Cleaning, control & operation of
locker room + service dept.
3. Control of water
supply - heating,
filtration, sterilization.

Hints on personal cleanliness.

1. Use toilet before swim.
2. Cleansing shower - soap + warm water.
3. Leave in footpool - bacteria of street.
4. Wear bathing cap.
5. Leave jewelry, etc. in locker.
6. Expectorate in swim gutter.
7. Don't enter pool with pool.
8. Don't blow water through nose.

- dilute muriatic acid - extremes.

Program.

Spring

Winter

Fall

MON. THURS.

(15) GYM N.

(16) FOLK-DANCEING

(17) SELF-TESTING

STUNTS

APP.

GAME SKILLS.

(Archery.)
(Badminton)
(archery)
(Dancing)
(gym)

Match See

Group Team Sports.
Individual team sports.
Individual sports
Miscellaneous

FRESH MAN.

SOPH.

JUNIOR

SENIOR

1
G.
G.

Fall
Lacrosse
Hockey
Soccer
Archery
Gymnastics
Dancing

2
A.
F

3
SWIMMING

Winter
Basketball
Badminton
Stunts
Gymnastics
Aerobics
Dancing
- folk
- creative
Hockey
Soccer

4
C.

5
HEALTH INSTRUCTION

Spring
Lacrosse
Tennis
Archery
Baseball
Cycling
Track & field

Outline

- A. Definitions
- B. Objectives
- C. Needs
- D. 5-point teaching situation.

- Needs:
1. Organization
 2. Trained leadership
 3. Co-operation between home, school, physician.
- of countries & heads.
 4. Education of public opinion.

Williams - Historic role - Chap. 4.

Interpreting these influences in terms of P.E. one may note the following:

1. P.E. for all not on a classic basis but on a developed mental one, adequate for the needs of the individual.
2. Activity carried on in wholesome healthful environment affording the best opportunity possible.
3. Activity permeated by the spirit of play & marked by joy & happiness.
4. Knowledge of the activity, so that the individual knows his obligations & may act in a co-operative fashion to attain goals that he has helped to set up.



The **Margaret Eaton School Digital Collection** is a not-for-profit resource created in 2014-2015 to assist scholars, researchers, educators, and students to discover the Margaret Eaton School archives housed in the Peter Turkstra Library at Redeemer University College. Copyright of the digital images is the property of Redeemer University College, Ancaster, Canada and the images may not be copied or emailed to multiple sites without the copyright holder's express written permission. However, users may print, download, or email digital images for individual non-commercial use. To learn more about this project or to search the digital collection, go to <http://libguides.redeemer.ca/mes>.